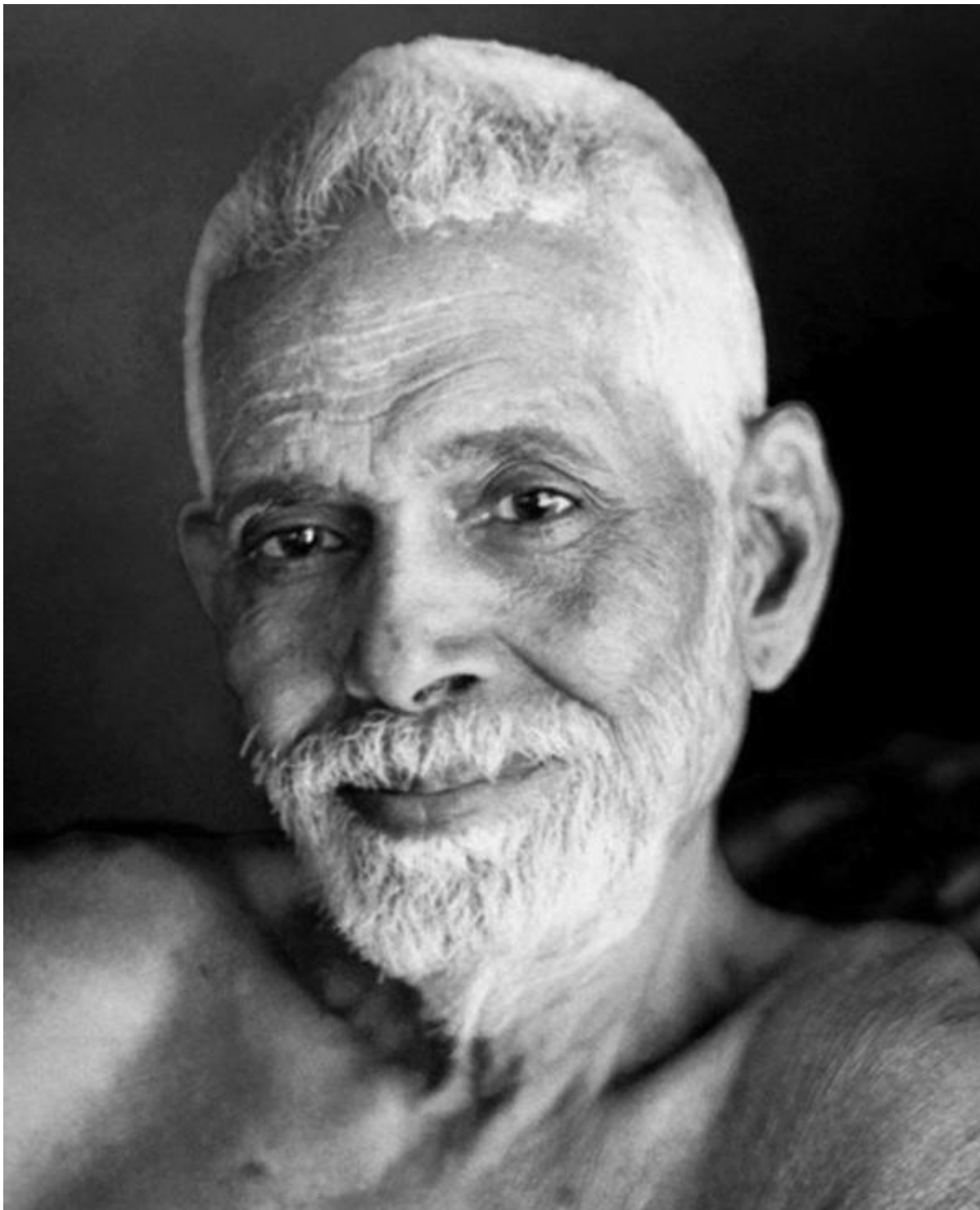


Ramana Maharshi self inquiry meditation technique | Who am i meditation

February 2, 2016 by amit



ramana maharshi is an enlightened mystic from india. **ramana maharshi taught the self inquiry meditation technique for awakening.** according to him, self inquiry meditation technique is the shortest and the direct route to awakening.

when ever someone used to come to ramana maharshi for any spiritual instructions, then maharshi used to ask that person to follow the self inquiry technique. ramana maharshi was a men of few words and for most part of his life he maintain silence. according to him, he taught via silence. through out his life maharshi gave importance to the practice of self Inquiry meditation for realizing the self.

self inquiry meditation technique means that mind will only subside and merge to the source by the inquiry 'who am i'. when ever any other thought comes to you then immediately you should inquire 'to whom did they arise?'

according to ramana maharshi, "the mind will subside only by means of the inquiry 'who am i?' the thought 'who am i?', destroying all other thoughts, will itself finally be destroyed like the stick used for stirring the funeral pyre. if other thoughts rise one should, without attempting to complete them, inquire 'to whom did they rise?' what does it matter however many thoughts rise?"

at the very moment that each thought rises, if one vigilantly enquires 'to whom did this rise?', it will be known 'to me'. if one then enquires 'who am i?', the mind will turn back to its source [the self] and the thought which had risen will also subside. by repeatedly practising thus, the power of the mind to abide in its source increases".

according to ramana maharshi seeker should practice self inquiry meditation all the time and he should be really sincere and total in his practice. there is no need to leave the household work or go to jungles to practice this technique. one can practice this technique while doing your household work also. keep on doing your mundane task and in the background keep on practicing this technique.

my notes on self inquiry meditation:

1. if you have any question about this meditation technique or want to understand ramana maharshi teachings then i suggest this book ["be as you are" by david godman](#). it is one of my favorite book on ramana maharshi teachings.
2. not many people practice this meditation technique. as one has to be very sincere in his path and should have a burning desire to realize the self. i would prefer ramana maharshi ashram to practice this meditation technique. because that place is charged with ramana maharshi vibrations and his being is working on his disciples there. moreover many people must have practiced this technique there.
3. i was once reading one article (i guess, it was written by david godman). the author stood outside the hall in which ramana maharshi used to sit in the ashram. when people start coming out from the hall then he asked them what spiritual practice you were doing. someone was saying i was remembering god, someone was chanting mantra and so on... but no one was practicing self inquiry meditation technique in the ashram. it is because very few people really wants to get enlightened. moreover, everybody has different path and level of progress.
4. when i practice this technique few years back then i found it really strong but dry. this meditation is not at all juicy and will make you dry. but could be the fastest way to realization. i could not do it more than few weeks ☐ but it is good and effective.

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Reader Interactions

Comments

1.  Daniel says

[November 2, 2014 at 7:58 pm](#)

thank you for this page
I have been searching for guidance into self inquiry

This helps tremendously
Kind regards



o amit trehan says

[November 15, 2014 at 1:38 pm](#)

welcome daniel